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THE LIBERAL CANON



**CRICKET AND
MENTAL HEALTH**

MEET
BHANDARI

**TO A MORE EQUAL
WORLD**

MAITREYI SIDHARTH
BHATIA

**JD16 LOVES
CANON BUZZ
PASSION PROJECTS**



In accordance with Suicide Prevention Day

Trigger warning: This article discusses the topics of Suicide and Climate Change. Reader's discretion is advised.

Let's view another deadly, world-threatening and world-ending issue at our hands, climate change! Climate change is when the earth goes through phases of getting warmer, there is an increase of carbon dioxide in the atmosphere where it semi-permanently resides for the rest of its days. There are various factors at play including but not limited to the economy, the social aspect, political domination, chronological history and overarching psychology. Suicide, similarly, has multiple and subsequent actions that lead to a view of the world from a cliff. As a person gets warmer, it's a sign to not let their polar caps melt. The carbon dioxide is an unchecked expansion of mental struggle. The politics of love, psychology of depression, burdens of finance and sociology of family, collectively or independently can place the weighted equivalent of the question of 'suicide' on someone's shoulders.

Some people simply may not believe in the cause of climate change even as clocks are set up to be a constant reminder of our impending doom. It is our responsibility to reiterate the importance of not letting it get to the worst; to learn how to save a life even if it's saying up all night. You're not at your best until you have self-actualized why you belong here; your expedition through this lush green forest maybe (figuratively and metaphorically) be viewing the death and destruction of nature. Let me paint this picture to you – healing is a long process and getting a

community consensus from anxiety, depression and other mental illnesses is a demanding task. But, imagine when you walk through the streets, your mind is at peace and there's clean air to breathe. The temperature is moderate and there's no threat of rising sea levels just like there's no danger of a relapse. So, remember, there are animals to save! And trees to plant which is analogical to new bonds that you'll build. You're the one difference in entire world's fate, and that world is just yours.

You could be a CEO or be in an authentic café in Europe, if you will. Your determination to do better although succumbing to hard realities of an ill-corrupted life, will be your equipoise. However, bleak it seems, sometimes ignorance is bliss and focusing on yourself will give you the strength to help people you love and people who don't have a voice. But you can't do that if you don't have the strength to hold it for yourself. Our earth is dying, we need to be the strength. We can't give up because somebody needs us.

The earth isn't weak but is plagued by the conundrum of human life. There's no bravery or cowardice to the act of suicide. It's rather a cry of help and a call to action. Words are tepid when describing the agony someone's going through. It's about connecting with someone and attempting to do right from now, rather than dwell about wrong in the past. We need to be inclusive and accepting of our stature as a society – whether it is towards, climate change, suicide or an integration of both. Just as by stopping the use of plastic, we've not resolved the issue of climate change, it's a full circle of recovery and effort.

SANAH SHAH

EDITOR



CRICKET & MENTAL HEALTH

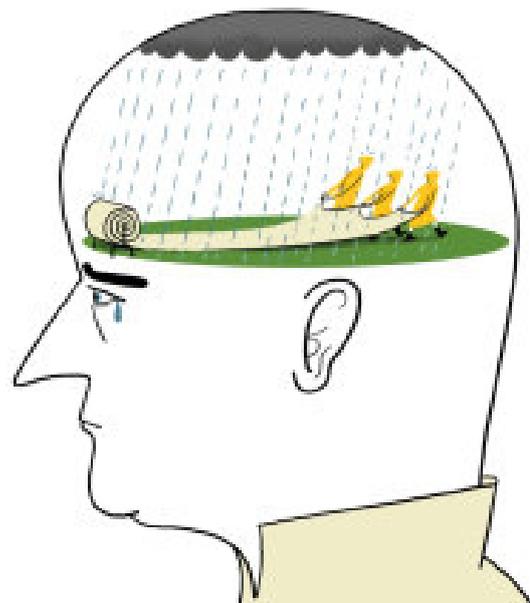
MEET BHANDARI

Mental health has started being taken seriously and worthy of attention only in the last few decades, especially in India, where there is still a great deal of stigma around it. Nothing but a lack of proper education and guidance is to blame for it. I myself did not know much about it until I entered college, where my professors and fellow batchmates helped in building awareness about it. Though I do not possess expertise in the topic, and I never will because of the sheer vastness of the subject (and also my dislike for the subject of psychology), I can still relate it to the sport of cricket, with which our country is obsessed and has given its great players a god-like status.

I have played cricket since I learnt how to walk, but it only became slightly competitive when I started appearing for trials at the local club level. As I write this article, I am also watching the first of the three T20s between England and Australia live on my television. But coming back to the topic, I see one particular Australian player on the screen, named Glenn Maxwell. Last year in October, Maxwell announced a short break from cricket for a few weeks citing mental health reasons. It sounded weird at first, but his decision was widely respected by sportspersons all over the world. His girlfriend, and now wife, noticed some changes in his behavior, and he thus decided that he needed 'some time off'. A sportsperson does not play a sport forever and has to retire one day. In cricket, this comes at the age of anywhere above 35 (or

below it as well), as the body does not support the performance on the field as well as before, and selectors have to make way for fresh blood to carry the game forward. In a super competitive sport like cricket, there's always someone waiting to grab your spot in the team, no matter how good you are. And still Maxwell decided to take a break. This shows that he took his mental health more seriously than his career as a professional sportsman even if it meant that making a comeback will be difficult. Eventually, Maxwell came back, stronger than ever.

In cricket, one day you are a hero, the next day you are forgotten. The ups and downs in cricket are frequent and not everyone has the ability to handle them. Cricketers are also human, which is something the fans often forget. Let me tell you this, facing a red/white leather ball coming at you at 150/kph is a big threat in itself to the person facing it. It really surprises me to think how good these players must be that they are able to do this on an everyday basis, and still survive for years in the game. When a player scores a century/takes many wickets in a match, or wins a match for his/her team or country, it's a great feeling. The team wins, fans are happy, the so-called cricket experts applaud you and you are on the front page of all the newspapers the next day. But what happens when a player scores a duck (zero runs) or



gets hit for many runs as a bowler? The player is criticized beyond measure. Experts suggest the player should hand his/her boots. And he/she who once was obsessed with across the country, slowly gets dropped from the team. Some have the ability to make a great comeback and prove the naysayers wrong, but others slowly fade into oblivion. And there it is, a sport that they dedicated their lives to, practiced for years, and gave their blood, sweat and what not, is something that gives them their worst nightmares. Not everyone comes from a strong financial background to be able to afford to spend money on their mental health. Some have long passed the age of starting a new career in a different field, and some just cannot accept the dramatic turnaround of events in their lives. Such is the extreme volatile nature of cricket, and of many other sports too. So often do we see former gold-medalists of some sport, selling food on the streets to afford food for their family. Even the best of sportspersons are forgotten for being the national heroes they once were.

Recently, I was listening to a podcast about how a great West-Indian bowler, named Patrick Patterson, who played his last match in 1993, and now lives in a single-story disheveled house somewhere in Jamaica, all by himself. At one point, batsmen feared for their lives when he was bowling. Now, he is completely disconnected from the world, has a mental health issue that made him forget his cricketing days. Had he been able to afford proper treatment and psychiatric help for his mental health, his great talent would not have gone to waste and his life would have been much better. Mental health needs to be addressed everywhere, more so in professional sports due to the impact of things like competitiveness and performance pressure on sportspersons. Idolizing sports

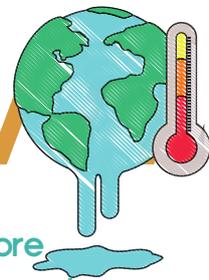
persons is good, but treating them as Gods makes fans forget that they too are humans and have issues of their own- that they have a life outside that sport, and everyday issues that affect us can affect them as well. So here is a request to all sports pundits, cricket experts, fans and followers, and especially the editors of the Sports section of any newspaper writing negatively about sports persons- criticism is fine as long as it is constructive. But please know that based on what you write, readers build opinions and this can affect the concerned person in really harmful ways. Try to be more kind and worry less about how sports persons should play their game. They are professionals in their field for a reason. And as fans, we must ensure that we will always stand by our favorite sportspersons, regardless of how they perform.

CLIMATE CHANGE

PARNIKA AGARWAL

Chicken Biryani was once the love of my life. I decided to give it up last year and I think people need to hear why. I have been advocating climate change activism for a long time, but like most people, I was choosing an effortless way out. Turning off the lights; taking shorter baths; spreading the word - Was that really helping anything?

The west coast of the United States is on fire. We are seeing it right in front of our eyes. We can not get away from this. There is so much smoke, it is hard to see the ground . So why do we still choose to ignore it? The warning signs have been there for half a century. This is just the beginning. We are terribly unprepared for what is coming our way even as it approaches us harder and faster than ever.



**"If you think the economy is more important than the environment, count your money while holding your breath."
- Guy McPherson**

The full range of available data shows that the world has been getting warmer since the 80s and we can expect it to continue if we continue to contribute carbon and other greenhouse gases to the atmosphere. Even with the pledge made by The Paris Climate Agreement, global temperature is on a constant rise, having risen to a total of 1.7 degrees Fahrenheit in 2019. Glaciers have melted, ice has reduced, sea levels have risen and animal ranges have shifted. The temperature will continue to rise for years due to the large amount of greenhouse gases produced by humans. We are putting more carbon dioxide into the air than it can contain. This can end up in a huge planetary disaster.

Reducing our meat intake can be one of the most impactful things we can do to slow down the issue at hand, if not stop it. The cruelty associated with the practices of the meat and dairy industry is another issue altogether. We have the power to stop this. We need to demand change from the power holders and hold our politicians accountable. How are we so comfortable with them making policies that are catastrophic for our future?

The general population does not acknowledge a problem unless it is physically present and it stands that we have started ingesting information without scrutiny. So, when the leader of the country advocates that a problem does not exist, it does not exist. Climate change is not a matter of debate. If we continue to offer support to the plausibility of the deniers' theories, the consequences can be dire.

But it is here. Climate change is here and it will not go away. Even if you do not believe in it, you will have to bear the consequences. We need to stop taking the easier way out, no matter how convenient.

We are so caught up in our privilege that we have forgotten to be thankful for clean water, air and food. This is not a luxury we can afford. It is an emergency and we need to address it immediately. Climate change affects all spheres of our lives and now we have begun to understand it. We have all fantastically contributed to it, so now it is our job to fix it.

"As human beings, we are vulnerable to confusing the unprecedented with the improbable in our everyday experience. If something has never happened before, we are generally safe in assuming that it is not going to happen in the future, but the exceptions can kill you and climate change is one of these exceptions." - Al Gore

I knew the answer from the start. It was easy to be ignorant and continue living our lives as usual. But that is not going to work for us anymore. It is not a choice and this is not a fleeting argument. This is about our lives. We need to change the broken system. We need to recognize the predicament that we have dragged ourselves into and act to resolve it. I am all in, are you?

Bleed

AKANKSHA DAS

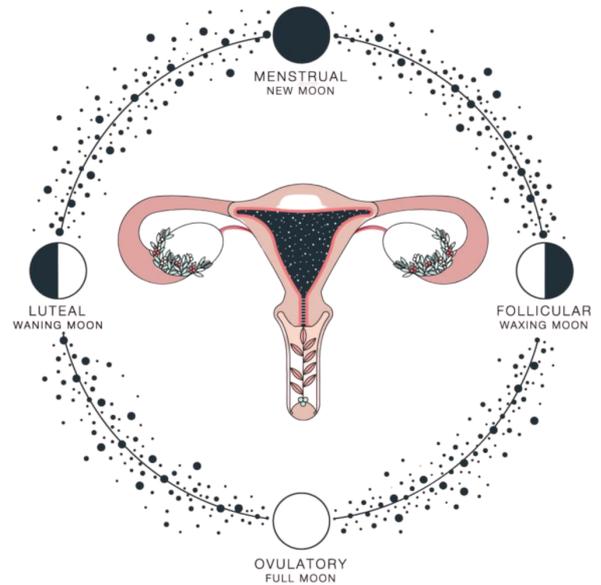
I wonder why
We never try
To explain the customs that we heed
I wonder how
It is seemingly fine to allow
For girls to remain isolated when they bleed
With a posture stiff
And words that are curt
As you spew facts that are misleading
I wonder if
I've somehow hurt
Your sentiments by bleeding

I cannot count the times that my changing body
has been described to me
As a flower in its bloom
Yet for all the times it bled
Why was every drop I shed treated as a sign of
doom?

I try not to ponder too much but it does take a toll
To have safe spaces shut their doors on me over
something I cannot control
Often times I've questioned, am I also not god's
seed?
Why would you think he'd abandon me just
because I bled?

Why is it that a sister wasn't allowed to sit with her
family to take her meals?
The first time she bled, she was locked in her
room to be taught how 'being a woman' feels

Why is it that even in a 'normal', happy family of
three
that comprises of a father, mother and
daughter who are considered as 'progressive' as
could be,



It was only when his daughter bled for the
first time that the dad then
Aged 42, offered to go shopping for a pad

Why is it that even amongst the educated
masses
There is internalized misogyny bleeding into
the brain that still amasses?

Every time the class laughs as the gym
teacher's smile grows thin
When she tells the fourteen-year-old who
complained about how it hurt to bleed
"get over it! it's just a period - you
don't need an Aspirin!"

Now on my brother's television screen
-blood, gore and violence are not too graphic
to be viewed,

It is considered the norm in an item song to
feature at least one person who is semi-nude
I am then reminded of the double standards
that persist-

When during the commercial break,
the blood I bleed is depicted in blue

Once in a month, her grandmother treats her
mother like she's impure
Unaware of what the problem is, the little girl
seeks to find a cure
"Mumma, I will solve it, if only you
could tell me what causes you pain"
But to be ashamed to bleed, in her mother's
mind, for years now has been engrained
She brushes it off with a sad smile, says
"beta, it's just a migraine"

In a world that, in the past, has prided
itself on knowing what I need
There are still lurking whispers that tell
me that my only purpose is to breed
But when the very laws of nature, to these
notions, do not heed
Who are you to call me 'a waste' just
because I bleed?

My body is a shrine
It is not a tomb
Every drop bled is not 'virile'
but a testament to the strength of the womb

So how can I be defined by simply
the stains of my blood
When I am both:
the calm meander and the raging flood

For every single custom by which I was
undermined
I will write a new one each time to remind
All of us to see in ourselves whatever we seek
to find
The strength of our conscience and the
resilience of the mind

May every woman on this planet be defined
by her deeds
Soaring through the highest mountains even
as she bleeds.

TO A MORE EQUAL WORLD,

I don't know about you, but nothing about me ever got into the cookie-cutter mold that society expects us all to be in. I don't know where and when I will find that world, but someday I hope I do. A world where love is accepted in its truest form and has no religion, no gender. Where love is love regardless of time and age. Love is not about trying to force puzzle pieces to fit each other, it is about falling for someone while being yourself, instead of trying to change to fit into others' expectations. I don't expect everyone to understand but I need to come clean and live the way I was supposed to. It's time to accept our individualities and stand up to make our own choices, even if we have to crash and burn before we learn how to fly.

MAITREYI SIDHARTH BHATIA



RIGHT TO MAKE YOUR OWN CHOICE THE RIGHT TO MAKE YOUR OWN CHOICE THE RIGHT TO MAKE YOUR OWN CHOICE THE RIGHT TO MAKE YOUR OWN CHOICE

Religion and Politics in India

SOM NAGDA

Having been born in a Hindu family, I have often found myself preaching Hinduism. Growing up, I was privy to various social factors such as education, media and the colorful set of characters that formed my family and friends. They provided me with a wider lens from which to view the world and religion from. Today, all the education, culture, politics that I have been exposed to have taught me that there is no ideal way to look at religion. My parents are believers of religion in a manner that I consider healthy but I, on the other hand, do not believe in religion as such. I believe instead in a greater power or energy. Religion has given this energy a face, form and a voice. Everyone has a different way of interpreting things around them. The way I look at religion is that it is just a way to unite people and bring communities together to create a sense of brotherhood and belonging. Religion today, however, is not what it was meant to be. It has become a tool to differentiate between and divide people. As Rabindranath Tagore put it, "...broken up into fragments by narrow domestic walls."

In today's day and age, the majority of the people who find themselves practising religion are doing it based on interpretations of a few scholars. Every interpretation might differ a bit, as many say that people see what they want to see. Initially, humans passed information from written scriptures to the next generation verbally. A major issue with passing down information verbally is that humans fill memory voids by constructing their reality, which is often tainted with their own biases and beliefs.

India is one of the most diverse countries in the world, with a myriad of cultures, religions, languages, etc. Some people look at this diversity as a pro and some as a con. I believe that this diversity is a boon to India, it is just that we do not always use it to our advantage, but instead to stab ourselves in the back. No one today can talk about religion without talking about politics and vice versa. Religion has been tainted by politics for centuries. Back then, The British used this to their advantage by using the divide and rule strategy. Now, political parties use it to their advantage for vote banks. So many other people use this social construct to their advantage in various ways.

A multitude of people in India have a misconception about religion. The Hinduism of today is a product of politics. In reality, the word "Hindu" comes from "Hindustan". Anybody who belonged to Hindustan, which is Persian for "the land beyond the Indus", can call themselves a Hindu. It is more of a geographical identity than a religious identity. Anybody who lived in India after the 11th century and before the partition can call themselves a Hindu.

To conclude, I would like to quote Mary Parker Follett, who said, "Unity, not uniformity, must be our aim. We attain unity only through variety. Differences must be integrated, not annihilated, not absorbed." Therefore, let's all practice kindness and empathy, if not anything else. This may leave you with a lot of questions and views, and I would love to hear from you.

Bear Readers.

SAKSHI BAJAJ

Who would've really thought that a bat would affect our lives as much as this? Who would've thought - The city of dreams would take away all our sleep? The city that has the best nightlife would be left lifeless? The streets that had constant chaos would no longer be chaotic? The people with constant dreams would stop sleeping? Amongst all this, I think it's time to learn. It's time to learn and appreciate, to not take things for granted, to be supportive and to support, to just be you. It's time to give the world a break. Everything is paused. The world is a mess. Yet, we are only criticising the lockdown, only because we can't do things, we can't go out, we can't have the junk street food, we can't have night outs, we can't go to the movies or live the life we've all been living since several years. This is the time to be there for yourself and for others. To detach from toxicity. It's time to create peace and stay united. It's time to start a new life, give things a second chance. It's time to stay in and help the country in the smallest way. It's difficult, it really is, but ask yourself if it really isn't worth the wait. There are people who want to go home and stay with their families but cannot because they're protecting us, it's time to show gratitude. In the coming months, I hope things normalise. I hope you and I, stand together and come out stronger and happier. I hope there's chaos on the streets, queues for restaurants, love among people, unity in the nation, night out plans w friends, I hope the movie tickets are sold out, and I hope the world is happy, I hope you are happy. But for now, i hope you're home, where you're supposed to be. I hope you're learning and growing, loving and being there for yourself and for those who were there for you. This time, this lockdown, is never going to come back. Create a bond you'd forever want to cherish. I know it takes a lot to be patient but it costs nothing. It's for the betterment of mankind, let's actually make this world a better place, for you and for me and the entire human race.

My journey with my body

SHRADDHA KALPATHI

We're hearing many voices speak about body positivity today, and I too feel the need to share the story of my journey over this very rugged terrain of acceptance.

I have been, for most of my life, on the heavier side of the weight spectrum. I've had many occasions in stores where the last size available would be medium, while I would need an extra large. I've had a saleswoman look at me from top to bottom, very coldly tell me that my size wasn't available and that I should probably consider shedding a few kilos. This was a horrible experience for a 13 year old me. I was part of a society where I was constantly told about how much the number on the weighing scale mattered, and how I should look to fit in. I would go into trial rooms and just cry because the clothes wouldn't fit me. I would just look into the mirror and declare that I wasn't beautiful. Not finding the right clothes just highlighted my insecurities. When you enter shops, you see mannequins only of a certain size and shape. Naïve and young, you start believing that's how you must look, and I too, did that. Shopping became a nightmare for me because of what would follow up in the store. I lacked confidence and was always pitiful towards myself.

Eventually, the whole trend of plus size beauty started. Brands started opening entirely new sections called 'plus-size', claiming to promote size inclusivity. This actually just made the situation worse because each time I would visit stores, they



would direct me towards a different counter as if I couldn't shop with the general crowd. Instead of just increasing the sizes offered, the so-called body positivity netizens started entirely new sections. The profit-making clothing industry just found one more way of increasing their revenues without even caring about the ramifications it had on adolescent minds. But my question is- how are "plus-size" people different from other people? My fifteen-year-old self just couldn't wrap my head around the fact that I couldn't shop in areas where others could.

By age seventeen, I was tired of always being told to lose weight and how it would make me more likeable. I didn't want my clothing choices to be restricted because of a number on a scale and I decided to lose that extra weight. Mind you, this was my principal intention when I started my health journey. As I began to lose weight, I started finding joy, week by week, seeing that number on the weighing scale fall. Whenever I stepped out, I had my friends and relatives come up

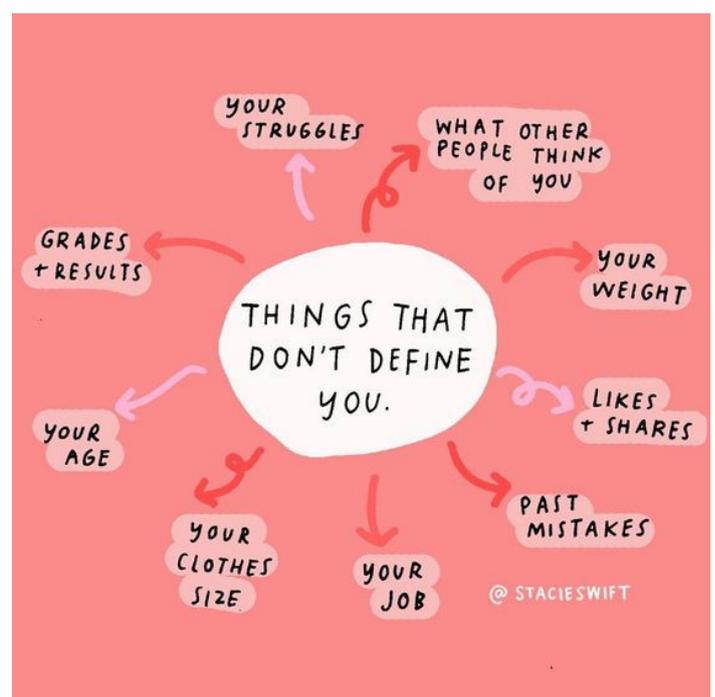
to me and tell me that I looked much better than before. This happened for a few months and I lost about 16 kilos. But, I still wasn't happy. Despite fitting into the clothes I wanted, I kept finding faults in my body. I judged my body each time I looked in the mirror, and freaked out each time I gained a few grams. I would resist eating my favourite cake, although I craved it, out of fear of what the weighing scale would say. I was on a more salubrious lifestyle, but psychologically I was getting worse.

Soon, I understood the real problem - the intent with which I started my journey was to 'fit in'. As humans, we are people pleasers and I had this hankering desire to always please others. But in my own eyes, I wasn't good enough.

Understanding your body is a process. Loving your curves is a bumpy ride, one you cannot expect to master overnight. It comes with years of fighting with yourself and not constricting yourself to the shackles of society. It takes eons to tell yourself to stop believing the lies you were told. Today I can proudly say that I have stopped letting myself conform to the standards of a world that was never mine. My world is a place where, irrespective of my body size, I'm loved. There are still days when I look at myself and question how I look. These are the days I feel defeated. But the number of these days are reducing. I've started to love my workouts, where it's simply me working on myself. I've begun eating healthy, not to lose weight, but to feel happy after having that food. I let myself indulge in having an entire pastry without going on a guilt trip. That's the voyage I am on. But has my ship reached its shore? Hell no! And it probably may never reach there. There may never be a day when

I'll be entirely happy with the way I look. But again, the beautiful part is the realisation of this cycle and controlling the overall impact it has on me.

Youngsters need to stop being told to look a certain way. Size 42 or 26 doesn't matter as long as your soul is beaming. What your next-door neighbour thinks of the way you look should not cross your mind when you choose an outfit. Stop letting people tell you how you must look. Look a certain way for 'YOU'. I'm not here to tell you to love your body right away, but to first accept it as it is. At the end of the day, that's what matters.



ITS OCEANS BETWEEN YOU AND ME

DIYA PADLAKAR

I've always loved the ocean.

The sea breeze brushes past, playing with my hair,
I can taste the salt on my tongue.

Breathe in. Breathe out.

The water laps at my toes as my feet sink into the
sand. Here, I feel anchored. Here, I feel at home.

Sunlight falls onto the crests of the waves, making
them glimmer as they crash onto the shore in all
their glory.

I am mesmerised by the melody of the ocean. It
beckons me, and as if in a trance, I let the tide
take me with it. The tides are in my veins now.

I feel the spray of salt on my face, the crashing
sound of the waves receding as I wade out further.
Breathing in once, I let my feet off the bottom. If I
could catch my breath underwater, I would,
taking in the splendour of the world beneath the
waves.

A plethora of colours explode before my eyes; a
paradise, unknown to man.

Fish flit here and there and strands of seaweed
sway to and fro. If only I could hold my breath a
little longer.

Alas, it is not to be. I find myself at the surface,
gasping for air as the images fade from the back
of my eyelids.

The waves whisper to me – of things and secrets
unknown.

I steel myself, expecting to fight against the
current. Surprisingly, it lets me pass.

I swim back to the shore, throwing myself upon
the golden sand.

They say it is a dangerous place, the sea. Whoever
said that beauty wasn't dangerous? It has a certain
tantalising charm to it.

I fall onto the sand. We are so much more lovelier
when we fall.

ABOUT TIME

DHANUSH B. SACHIN

In the deep, molasses colored alcove
of past refineries,

Stood smooth, dripping facades

caked with emerald honey

Stilted legs rested upward to the
man hiding in the sunless skies,

Beaten, pursed lips breathing in a
docile beat of their own

The beady eyes turned side to side
by veering tugs along a string,

Troubled hands wrapped around,
bound, in the devil's leather trap,

The chest of treasures soon followed
suit, and the jaded legs to boot,

All that remained was a feeble heart
which no one sought to shoot

Once, twice she goes down on
the hard, candied grass,

Whose splendid slopes

encompass the faults in our
hollow visions of naked thighs

Tall blades, clearer than the
palest edges of a straight razor

Everything is created anew,

and shadows recede into
brilliant infancy

My time is all alone, your time is out
on loan

Our time is done and gone.



EVOLUTION OF THE HUMAN BRAIN

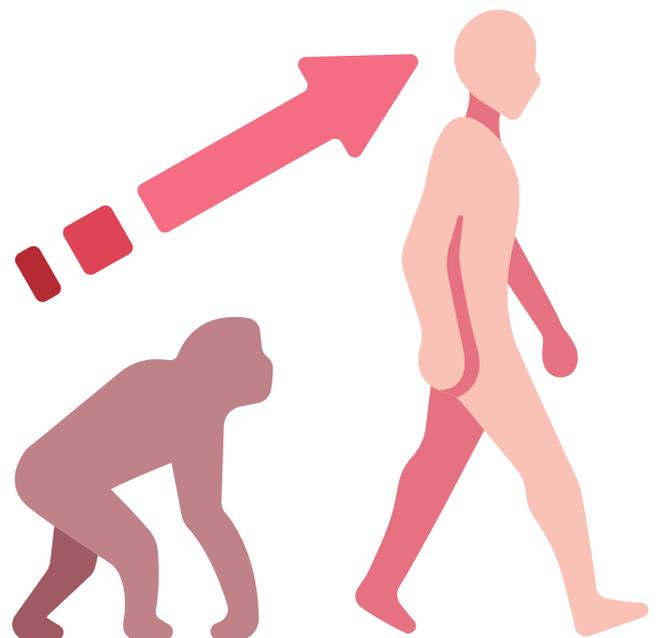
ISHIKA KRIPLANI - PSYCH CLUB

Comparative studies have suggested that there are general architectural principles that govern the growth and evolution of our brain. Through these studies we began to understand the geometric, biophysical and the energy constraints that have governed the evolution and functional organization of the brain as well as its underlying neuronal network. Evidence has shown that the development of the folding of the cortex (the more foldings the more neural connections) produces smaller and faster brains. The human brain consists of about 100 billion neurons, that is more than 100,000km of interconnections. Such numbers have led us to believe that our cognitive capabilities are virtually without limit.

Our brain, however, has evolved from a set of underlying structures that constrain its size, and the amount of information it can store and process. If we consider the ability of an organism to process information about its surrounding environment as the driving force behind its evolution, then the more information a system (in our case the brain) receives, and the faster this information is processed, the more chances of the organism to survive. The limit to any intelligent system lies in its ability to process and integrate large amounts of sensory information and to compare these signals with as many memory states as possible, and all that in a minimum of time. This implies that the functional capacity of our neuronal structure is inherently limited by its neural architecture and signal. In this article, some of the organisational and operational principles will be explored that underlie the information processing capacity of the human brain.

In higher organisms, especially in primates, the complexity of the neural circuit of the cerebral cortex is considered to correlate of the brain's coherence and predictive power and, thus, a measure of intelligence. The evolutionary expansion of the cerebral cortex, is among the most distinctive features of mammalian brains. In species with large brains, for example in great apes and marine mammals, the brain becomes disproportionately composed of this cortical structure (the size of the entire cerebral cortex goes from 40 % in mice to about 80 % in humans). It is clear that the cerebral cortex is not the only brain structure involved in the evolution for greater growth, but it has played a key role in the evolution of intelligence.

As mentioned above, the human brain has evolved from a set of underlying structures that constrain its size and the amount of information it can store and process, there are however a few limits to the evolution of the brain.



1.Energetic limits: our brain can generate up to about 15 watts in a well insulated surrounding. This can cause a problem of overheating of the brain; the removal of sufficient heat to prevent thermal overload can be a significant problem.The solution to this is that the brain is actively cooled by the blood. The limiting factor here can be how fast the heat can be removed from the brain by the blood that is flowing.

* It is also worth recalling that Aristotle, the greatest natural scientist of the ancient world, maintained that the heart was the seat of thinking and emotion, assigning the brain only the function of cooling the heat generated by the heart; which is in fact the opposite of what happens.

2.Neural processing limits: the limit to any neural system lies in its ability to process large amounts of information in a given time period and therefore, its functional capacity is essentially limited by its architecture and signal processing time. It is argued that the human brain has reached the limits of information processing that a neuron based system Any further enhancement of human brain power would require a simultaneous improvement of neural organization, signal processing, and thermodynamics. The larger the brain grows beyond this critical size, the less efficient it will become, thus limiting any improvement in cognitive power.

In conclusion, with the evolution of the sensory systems, not only has the capacity to process large amounts of information increased but also the power to create more complex physical realities.

GAMEZONE

Unscramble The Words

OAURNISOIRCV

BSMTEPERE

OIGLSYCOO

NRDMHCPEA

TENEWLERST

ESMACDACI

EKDEEWN

IVTISRYEUN

EHSFESRR

SUMPAC

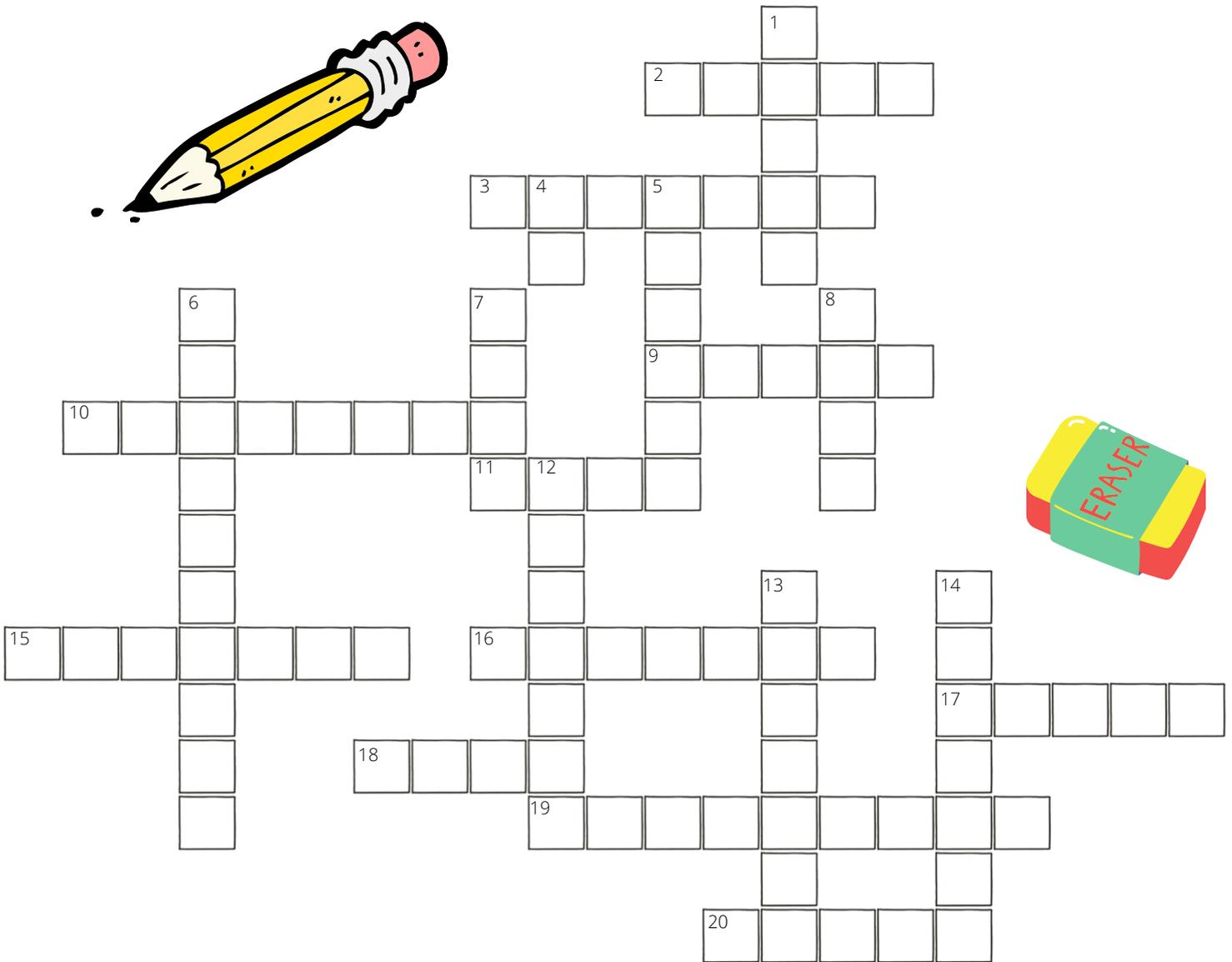
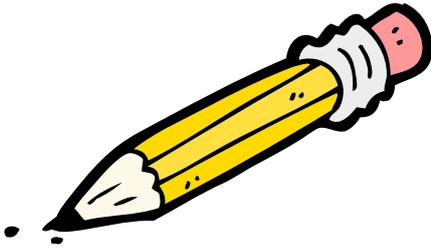
OGEMRAPRM

HESWCAZN SECHEE ASDO

HSRKIWCA

SUHMUM

The JDSOLA Crossword



Across

- 2 Midnight _____, a poem written by Anand Thudiyil
 3 A form of government which had two kings and an oligarchy
 9 _____ martimus, the polar bear who opened our eyes to climate change
 10 _____ in philosophy
 11 which university has a secret society called 'Skull and Bones'
 15 where we scam 1 night before an assignment
 16 what subject does Uthara Ma'am teach?
 18 where all classes are held now
 19 where you get MAGGI during breaks
 20 which floor is JDSOLA on

Down

- 1 what does the D in JDSOLA stand for?
 4 who teaches the science related subjects at JDSOLA
 5 area where you get mid-classes coffee
 6 what process do you have to go through to get inside college
 7 we do what's right and not what's _____
 8 which month did the 1st edition of TLC come out
 12 where we have to hide our food under the trees
 13 the most popular JDSOLA restaurant
 14 one of our course coordinators

CANON BUZZ

CLUBS

SOLASHOTS

We're happy to announce that our club has an official name.. "SolaShots" !!!! We had our first meeting this month where we discussed what the club is going to offer us and if I'm speaking for all, we're really excited!!



FILM SOCIETY

In The Film Society, we hosted our first ever screening – The Lovely Bones. Dreamy and suspenseful, the film raised some important questions about life and death, grieving and healing, and everything in between.

PSYCH CLUB

We have organized two formal sessions with Mr Adwait and Ms Sravanti, both helped us to gain an insight into the field of Psychology by discussing their respective journeys and answering our questions. Our group size has increased to 72 members and we are proud to include all three batches of JdSoLA. Our next session is on a personality based activity!

BOOK CLUB

First Book of the Month: The Catcher in the Rye by J. D. Salinger This book explores themes of loss and trauma through the eyes of its 16 year old protagonist, Holden Caulfield.



MUSIC CLUB

In our first session we had the seniors perform for the entire music club. The performances by Shlok, Neeharika, Asmita and Annanya were an amazing way to kickstart our club! It was then followed by a brief introductory session and a session plan for the upcoming session.



HISTORY CLUB

It was a brief and cordial session where everyone introduced themselves and talked about various events in history that interest them. We then proceeded to have an intense discussion on the “Black Plague” and discussed the plan for the coming sessions.

DANCE CLUB

The dance club is super excited for you guys to see what we have in store for y'all! After a long discussion we have a few exciting things coming up! Super excited show y'all the talent at JDSOLA!



VIDEO GAMES AND COMIC CLUB

The first comic book/ video games club meet had our very own faculty member PJ. The meeting consisted of the juniors and the seniors discussing their favourite video games and comic book characters, the discussion went on to discussing and arguing over various things and sharing common experiences within both these niches. The month also had a lot of night gaming sessions with games like Fall guys and fifa !!



SOCIOLOGY CLUB

The first meeting was an introductory session where we got to know one another a little. We had a brief conversation about the potential topics we could discuss in this club and whether someone had certain kinds of expectations.



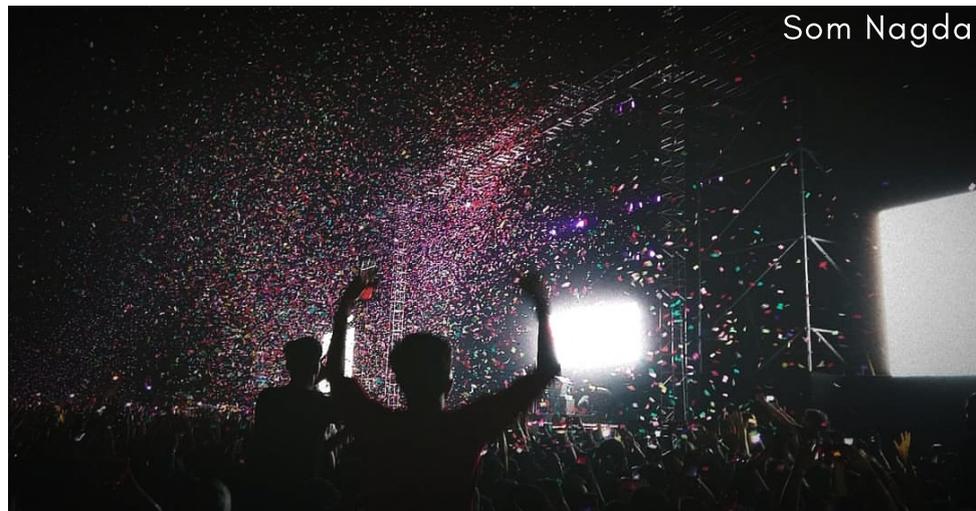
GAMES AND SPORTS CLUB

It was a short meeting where everyone was able to introduce themselves. Since it was the first session we just helped answer some questions from our members and had a group discussion about some exciting upcoming events for the club!



**MUSIC GENIUS OF THE MONTH-
NILE TALAVDEKAR
FY-B
CONGRATULATIONS!**





Som Nagda



Jahnvi Polumahanti

PASSION PROJECTS



Som Nagda



Jahnvi Polumahanti

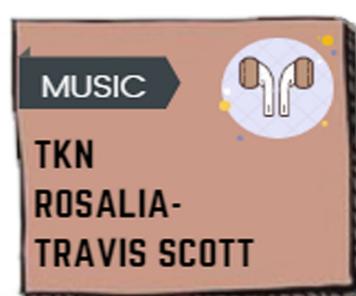
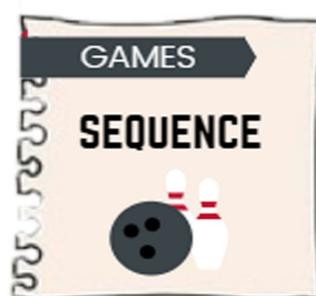
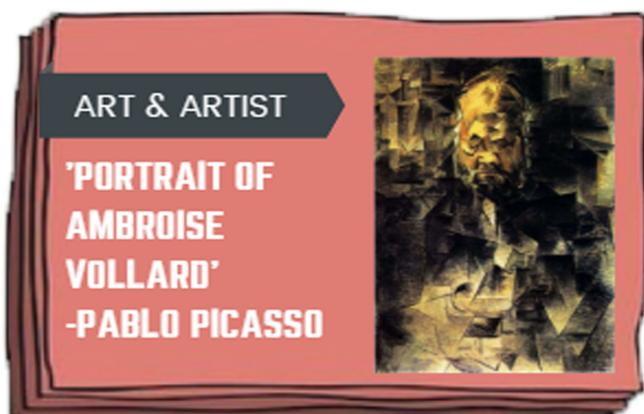
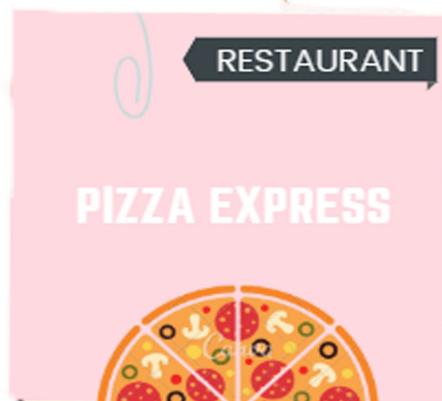
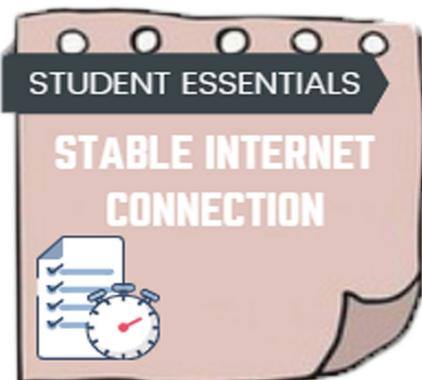
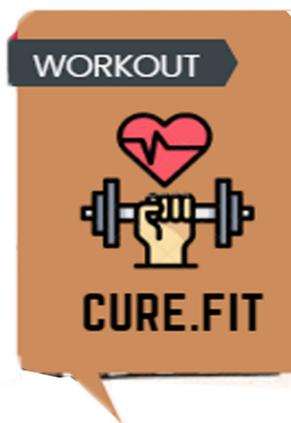
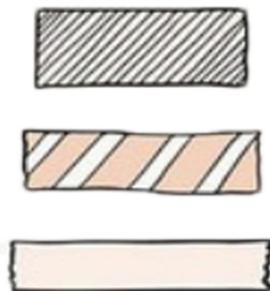
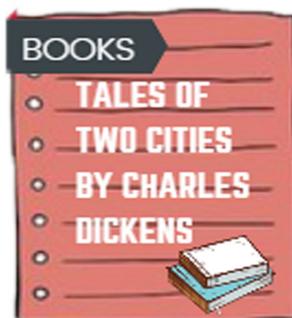


Jahnvi Polumahanti



Som Nagda

JD16 LOVES



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